

Lacrosse proves
popular at LU
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Referendum to be
held on bus passes
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Dealing with
depression
See page 7.

LAMBDA

PROUDLY SERVING THE LAURENTIAN UNIVERSITY COMMUNITY SINCE 1961

Negotiated deals with profs continue to roll in

BY NEIL ZACHARJEWICZ
EDITOR-IN-CHIEF

The faculty at Laurentian University reached a deal with the administration earlier this year, Huntington University has reached a deal within the last few weeks, and now the University of Sudbury is very close to striking an agreement with its faculty.

"We have reached a tentative agreement," explained Dr. Real Fillion, spokesperson for the University of Sudbury Faculty Association. As of yet, the date for a ratification vote has not been set, Fillion explained, as there are a number of corrections which need to be made to the document before it is ready to be put to a vote. The University of Sudbury Faculty Association has been in a strike position since midnight on January 12st.

"There is a certain amount of relief, of course. Nobody wants to go on strike, but the members haven't voted on (the tentative agreement) yet," Fillion pointed out. "A vote will be scheduled as soon as the corrected document is forwarded to us."

However, Fillion did note that the negotiation team for the University of Sudbury Faculty Association has recommended the agreement to its members.

Meanwhile, the Chair of the Board of Regents and the President of Huntington University have announced that the Board of Regents and the Laurentian University Faculty Association - H have ratified their first collective agreement. The Board of Regents voted in favour of the new agreement on January 19th, and the union did likewise on January 20th.

"Appreciation is expressed to the negotiating team who worked diligently to develop and fashion this first agreement for full-time and sessional members," The Board of Regents stated in a media release. "It will help strengthen the relationship between the Board and faculty to enhance our mission as a small, federated, liberal arts university to grow the leaders of tomorrow."



Neil Zacharjewicz / LAMBDA

(From left to right) Laura and Meghan O'Reilly model some masks they were making at the Mask Making Party held in conjunction with the upcoming SGA/AGE Charity Ball Fundraiser for Maison La Paix, which takes place this weekend. Tickets for this year's event have already sold out.

Laurentian student unions to host 'Spirit of the North'

BY NEIL ZACHARJEWICZ
EDITOR-IN-CHIEF

Laurentian University is about to feel the spirit.

On February 10th, 11th and 12th, several of the Laurentian student unions will play host to the annual 'Spirit of the North' conference. The event is designed to bring representatives of the various student unions from the Northern Ontario universities together to discuss the issues that affect them. This year's event will see close to 60 people from the Northern Region Caucus of the Canadian Federation of Students (CFS) come to Laurentian to take part in the conference.

"The Northern Region Caucus of the Canadian Federation of Students hosts an annual Spirit of the North conference dedicated specifically to addressing the many important issues facing northern students in our province. Further, the meeting offers an opportunity to plan for forthcoming campaigns aimed at improving both the accessibility and quality of edu-

SPIRIT
of the
NORTH

Northern Region Caucus

Canadian Federation
of Students

cation in Northern Ontario," stated Pat Imbeau, Commissioner of the Northern Region Caucus and Vice-President of L'Association étudiante pour les francophones (AEF). Imbeau noted that the AEF, the Students' General Association / Association générale des étudiantes (SGA/AGE), and the Association for Laurentian Part-Time Students (ALPS) are all jointly hosting the event, and CFS will be the major sponsor

for the event.

"We have three strong student associations here that can help," he said.

Imbeau explained that the slate of topics to be discussed during the three-day event include Aboriginal issues; Francophone issues; lesbian, gay, bisexual and transgender student issues; issues for international students in the North; Northern Ontario development and funding for Northern universities. The weekend will wrap-up with a large roundtable discussion at which representatives to the conference can raise concerns and discuss any issues they wish to raise.

"Last year 'Spirit of the North' was in Thunder Bay, and it was a lot of fun, but it was expensive to get everyone up there," Imbeau noted. Still, the conference is particularly valuable to Northern Ontario universities, he said, because it offers them a greater opportunity to have their voice heard. He pointed out that, at the larger conferences in Southern Ontario, schools like the University of

ESPRIT
du
NORD

Caucus de la Région du Nord

Fédération canadienne des
étudiantes et étudiants

Toronto can afford to send several representatives because they have the money to do so, and the smaller Northern universities tend to get lost in the shuffle.

Imbeau noted that while the Minister of Post-Secondary Education, Universities and Colleges has struck a committee to discuss the concerns of francophone students, the University of Ottawa is the only school to actually have representatives on the committee. The CFS, however, does have one representative

on the committee, and 'Spirit of the North' will provide an opportunity to inform that person on the issues critical to francophone students in Northern Ontario.

"A lot of the Northern francophone vice gets lost," he pointed out. "(The conference) helps to create a united Northern voice."

Furthermore, he suggested that the Northern universities have a lot more in common with one another, and therefore have a lot more to discuss between them.

One of the advantages of hosting the conference at Laurentian, Imbeau said, is that the school is very diverse, and allows for a wide variety of opinions from the part-time and mature students, the francophone students and those represented by the SGA/AGE, as well as from the school's large Aboriginal and International student populations.

"It is going to be a lot of fun. I am very excited to be showing off our campus and all of its diversity," Imbeau said.

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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association / Association generale des etudiantes, yet remains autonomous from all university organizations, both student and administrative.

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WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

E-MAIL SUBMISSIONS

Please e-mail submissions to lambda@laurentian.ca. Ensure the file is saved as TEXT or Word, as other files may not be transferable to Mac format. To be considered for print, all submissions must have your name and student number.

EDITOR'S CORNER

Universal bus pass to go to referendum at LU

Well fellow students, it is with great pleasure that I can announce to you that, after years of trying, it looks as though the universal bus pass for us is finally ready to come to us for referendum.

You will here a great deal about the pass and what it's offering in the lead up to the March SGA/AGE elections, but I will give you a brief run-down of how the passes work and what we can expect from them. Universal buss passes, or U-Passes, are a mandatory program much like a health plan. Everybody buys into the system, which in turn drives down the costs for everyone else. Having the mandatory system will also position us better to make demands for service improvements. I have already spoken extensively to the transit manager about the need for late night buses and for improved weekend service, so they know that those things are on our agenda. The other benefit to the U-Pass



LUKE NORTON
SGA PRESIDENT

system is the low price. Whereas students are currently paying \$60 a month for their passes, the city has told me that the pass that will come to referendum will be an incredibly low \$20-\$25 a month. This means a difference of \$280 a year for students currently taking the bus.

Now I understand that many of you will not like the

idea of having to pay for a bus pass when you already have a car and pay for parking, but if you'll indulge me for a moment, I will try to show you how this can still be a benefit to you. We all know what the price of gas is right now, and I'm sure that you're aware that it probably isn't going to get any cheaper anytime soon. That coupled with high insurance costs and the likely increases to parking fees next year provides a pretty substantial financial incentive to use the bus pass. Even if you keep your car, you can still use the pass. For example, if you need to make a quick trip downtown, or over to the shopping centre, or out to the bars at night, you can hop on the bus and save your gas for those times when the buses won't help or aren't convenient. Plus you could always just think altruistically about it and recognize that by combining all of our numbers, we can make traveling much less expensive for students who

don't have or can't afford cars.

What the SGA/AGE needs now from you is to hear what services you want to see from the transit system. This can be anything from extra buses at peak hours, to late night service, to direct buses to the Four Corners. I need to know what times you want buses at night, when you want buses that go to different locations, et cetera. We need to get our demands to the transit manager so that he can calculate what increased services will have to be put in place before the referendum vote in March. Please send your wish lists to me via my email at sgapresident@laurentian.ca and I will pass them on to the city.

I am very happy to be able to bring this good news to you. Students have been pushing the city for a more affordable and better bus system for over ten years, and at long last it would appear that we have gotten it. Congratulations to us all.

LOCS enjoys successful hockey tournament

The weekend of January 27th and 28th saw the long awaited Annual LOCS Hockey Tournament. On paper, the competition all looked even, until the Moose Attack broke free of the pack with a 17-1 victory in the second game. Team Beaver Squeezers played a strong game in the 3rd round, winning 5-0. The finals came down to these two teams, in a competitive game that had the Chibougamou's Unprovoked Moose Attack win in a 2-0 final. LOCS would like to thank everyone who made this tournament possible, and all the teams for coming out and

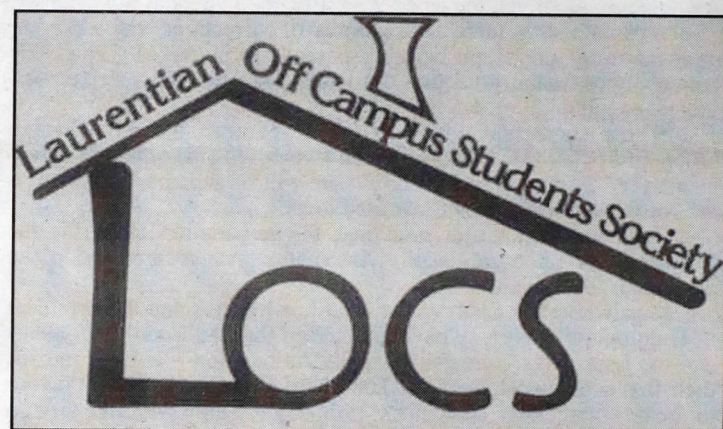
playing hard.

Top Female Scorer: Melissa Chisholm of the Mad Cows
Top Goalie: Lenny Goldman of the Chibougamou's Unprovoked Moose Attack

MVPs of the Championship Game: Jess Dufresne of the Chibougamou's Unprovoked Moose Attack and Mich Carreau from the Beaver Squeezers

Winning Team: Chibougamous Unprovoked Moose Attack

Second Place: Beaver



Squeezers

(SGA)

Many thanks to our sponsors:
- Molson Canada
- Student General Association

- The City of Greater Sudbury
- Grumblers Pub
- Toppers Pizza

SPACE FOR RANT

LU Young Liberals vow their party will be back

Fellow citizens of Laurentian University, Nickel Belt, Sudbury, and Canada,

We have just concluded an election period that resulted in the election of a new Federal Government. Before I address that, I would like to first say thank you to those volunteers that assisted in the re-election campaigns of Raymond Bonin in Nickel Belt and Diane Marleau. The city of Sudbury is honoured to have two Members of Parliament that will advocate for those issues that are important to Sudburians and those that live within the Greater City of Sudbury for the school year.

In reference to our new government, I say congratulations. Canadians have chosen to give Steven Harper an opportunity to lead them as their Prime Minister. I wish him and the Conservative Party of Canada luck in their endeavor to move

Canada in a new direction. But I say this to all Conservatives in the Greater City of Sudbury: "We will be back." Canadians have chosen to give the Conservatives a slim minority. Another election is just around the corner. When that time comes we will ensure the election of Liberals in Sudbury and Nickel Belt. When that time comes we will ensure that the Liberal Party of Canada returns to its home in the Government benches.

Enjoy your stay on the Government side of the house. Keep those seats warm.

Jordan Glass
President (A)
Laurentian University Young Liberals

There is only one catch: Lambda reserves the right to edit your submissions in keeping with libel law, so please try to avoid slandering or maliciously attacking anyone within these pages. Follow that one simple rule, and the sky is the limit.

So how exactly do you submit a piece for Space For Rant... it's easy! Email us at lambda@laurentian.ca, call us at (705) 673-6548, or drop us a letter in the mail at SCE 301 Student Centre, Laurentian University, Sudbury, ON P3E 2C6.

Remember: Lambda is the voice of the students. Make sure your voice is heard.

Something eating away at the back of your mind that you just absolutely feel you need to share with others? Well, that's what this space is for. In the proud Lambda tradition, Space For Rant is back for another year. We invite readers of our publication the opportunity to speak their mind on the issues that affect us all.

Didn't like something you read in Lambda? Fire away! Frustrated with one of the many issues going on around campus? That's why we're here. Space For Rant is your space... the reader's space... to have your say and share your message with a broader audience.

GRADUATE NEWS

Options to consider before graduation

BY ROBIN CROWDER
LAMBDA CONTRIBUTOR

As the end of January approaches at a remarkable speed, many of us graduating students are coming to that four month crunch: we have only 87 days left until the end of university rolls around and we are faced with the inevitable – REAL LIFE. It is the time when we start running through all the possibilities in our overworked and already hoping for retirement brains: Do I want to do my Masters? Do I want to go home and live off my parents for awhile? Do I want to start right into my career? Or perhaps more realistically, what do I want my career to be? If you are not absolutely certain what you want to be when you grow and you don't feel quite ready to start in on graduate work, here are a few options to get you thinking.

There are many different programs that can get you initiated to the working world while helping you to actually see some of the rest of the world in the process. Some of them allow you to apply as a student, though you will be expected to have graduated by the time you begin your term. A lot of these programs are also run by the Canadian federal government; an organization that is known to give preference to previous employees and very good pensions upon retirement, so now is a good time to get your foot in the door!

SWAP: Student Work Abroad Program

www.swap.ca

This program essentially provides you with a working holiday. You choose which country you want to apply to (and there is a huge variety ranging from all of the continents) and the program coordinators help you apply for a Visa and all necessary travel documents. SWAP does not actually

find a job for you, but rather provides you with much of the valuable information. The purpose is to allow you to travel a country while doing part-time work – most people will end up doing restaurant or bar work – in order to help finance your travels. A bonus is that SWAP provides an entire support network of people to contact when you arrive at your destination, often an initial place to stay and internet time for job searches. The downfall is that many of the applications are somewhat costly and you must have a designated amount of "support funds" in order to be accepted – not always an easy thing with the repayment of student loans tapping you on the shoulder. However, most participants find SWAP a valuable exchange and feel that it allows them to see another country from an insider's, not a tourist's, point of view. For more information, visit Travel Cuts on campus.

Young Professionals International

www.hri.ca/internships/YIIP_index.htm

YPI combines experience working within Canada and abroad for university or college graduates between the ages of 19 and 30. It is open to people from diverse fields and offers a number of different job opportunities. The program tends to seek out people who are culturally sensitive, interested in human rights and development, who want to make a difference in the world and who are generally positive – while a degree in a field related to the chosen internship is helpful, it is not always necessary. Participants are provided with a living expenses stipend as well as a salary; though it is not a huge sum, remember that you are being given the opportunity to work abroad and make important and lasting connections.

Positions and internships for the 2006-2007 year will be posted on the website in March.

NetCorps Internship Program

http://www.hri.ca/internships/netcorps_index.htm

This is a program funded by Industry Canada and aimed at graduates in the information and communication technology fields. While you do not have to hold a degree from these fields, you must have adequately developed related skills and knowledge and have an interest in human rights. Internships last six months and placements are generally in southern countries, or countries in transition, where participants complete various tasks in helping to implement different technologies within NGOs. Again, there is an intensive pre-departure briefing session in Ottawa, and a stipend to cover things such as accommodation, airfare, etc, but will be required to contribute to the program costs through fundraising or other means. Positions for 2006-2007 will be posted on the website in March.

International Youth Internship Program

<http://www.hri.ca/internships/CIDA/index.htm>

Very similar in nature to the two previous internships, this program is funded by the Canadian International Development Agency and accepts applicants from a wide variety of backgrounds. Once again, participants are expected to be knowledgeable in international development, aid and human rights – or at least to express a strong interest and a willingness to learn. Interns are placed all over the world, many in Africa, working generally with

non-profit organizations implementing projects or conducting studies. This is a non-remunerated position, though a stipend is given to help cover costs, but the experience gained and the valuable position of having your foot in the door at the CIDA is worth the application! New placements will be posted on the website in March 2006.

Environment Canada's Science Horizons Youth Internship Program

http://www.ec.gc.ca/sci_hor/index.html

For promising young scientists and recent graduates, this internship allows you the hands-on experience of working in a variety of environmental projects under the supervision and mentorship of experienced scientists. The length of the program varies from placements of 6 months up to one year, with 100 positions awarded across Canada each year. Applicants must submit a project proposal and can receive up to \$12,000 in funding if their project is approved. Graduates must submit a resumé along with their proposal and have a specific employer in mind (this employer will also need to fill out a separate application) before February

3rd, 2006. The timeframe for projects is from April 1st, 2006 through March 31st, 2007. Visit the website for further details.

Public Service Commission of Canada

www.jobs.gc.ca
If you're not quite ready to work abroad, or you need to start earning cash right away, check out the Public Service Commission. They run an extensive post-secondary recruitment campaign twice a year (one in October and one right now) with a fair amount of entry level positions offered to graduates. The beauty of this program is that no experience is required in the job you apply for, though any knowledge or previous work will be an asset. Jobs are located across Canada with all different departments of the government, and you can specify your mobility; ie, willing to move or the desire to remain in your home region. Even if the job you apply for is not exactly what you hope to be doing for the rest of your life, remember that the best government jobs are offered internally – meaning you already have to be a federal employee to have access to new positions and promotions.

(continued on page 5)

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Several academic programs will guarantee even more than the amounts mentioned.

For more information, please consult the following site frequently:

www.grad.uOttawa.ca



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CAMPUS NEWS

Walkhome Service goes "commercial"

BY JOSHUA LAW

WALKHOME VOLUNTEER

Volunteers of the Walkhome Service, with the help of members from the Laurentian community, took part in the production of a Walkhome Service mini-commercial.

The participants who took the time to do the commercial were able to use their improvisation skills that they may not have known they had! Hurray for them! They helped address what The Walkhome Service does by staging various scenarios; from a late night evening of study, being at school with a snowstorm brewing, and even how to becoming a volunteer. The people who took part are not renowned actors or actresses but these local talents came through with flying colours. The Laurentian community has plenty of hidden talents and we are glad announce that these few decided to grant us a great service with their help!

One of the commercials begins with a group of friends studying for exams. One of them doing poorly in Spanish and getting help from an international Spanish speaking student. This student also comes to the rescue by introducing The Walkhome Service.

Another commercial shows a worse case scenario with students working on a final task. It is 1am on a Friday at night and the project is due Saturday morning at 10am. The students realize a snowstorm is brewing. One of them finds a Walkhome Service business card and they call Walkhome knowing that they will get a ride to their vehicle in the Pit (the lower parking lot).

The final scenario has one student realizing that his cell phone has no more power so he uses the campus in-house phone (the white phones found all over campus – the emergency phones) to call The Walkhome Service. When he meets the volunteers, he notices that one of the volunteers is one of his friends who just joined.

These commercials show some of the ways/reasons Walkhome customers contact Walkhome and if wanted to, can become a volunteer. One method not mentioned to get the attention of the bright yellow Walkhome van is by flagging it down (waving at the van when it is driving by) to alert the driver that you would like a ride.

So fellow Laurentian community students, keep your eyes peeled, the Walkhome commercials will be seen at Walkhome information booths in the upcoming months. Write the following questions down and when you answer them, you can win a mini-prize.

PLEASE NOTE: Walkhome volunteers (past and present 2005-2006) and the persons who are in the commercial(s), unfortunately will not be eligible of winning a mini-prize.

Ways to win the prize:

When the Walkhome mini-commercial is shown on campus, identify three of the volunteers in the video. We need their full first name and the initial of their last name.

What is the name of the international Spanish speaking student? How does this Spanish speaking student introduce The Walkhome Service?

In the commercial of the three students and the snowstorm, what are the genders of those students? Where does one of the students get the Walkhome Service business card?

Send all answers to either number 1-2-3 to: Walkhome@laurentian.ca along with your full name and the name of the program you are enrolled in.

Prizes are limited so there will be a draw to pick the winners from all the correct answers.



Contributed

Denis Lauzon, Manager of Student Services, picks the winning ticket for our January "Getting to know about Student Services" draw. The winner is Joe.

Options to consider before graduation

(continued from page 4)

While most starting salaries are more than adequate, there is always room for advancement. From the PSC's website, there are also links to other departmental jobs and apprenticeship programs in numerous areas of expertise. They say life is all about who you know, and this is a great way to start getting to know the right people!

Canadian Youth Business Foundation

http://www.cybf.ca/en_entrepreneurs.html

The CYBF is a non-profit organization that aims to help young entrepreneurs through learning strategies, mentoring and start-up funding. Interested parties must be between 18 and 34 years old and no longer be full time students. They must

agree to certain conditions of the loan, such as interest rates and the willingness to work under a leadership mentor for the duration of the loan period. Their website, though slightly ambiguous about application procedures, can offer more detailed information.

Ontario Internship Program

www.internship.gov.on.ca

Rather than a placement in the federal government, this program places accepted candidates in a one to two year position within Ontario's provincial government. Areas of specialty include business and financial planning, policy making, communications, labour relations, human resources, project management and information technology; you don't need to have a degree specific to one of these

fields, but at least have some experience. Salaries vary depending on the position, as do the tasks and projects, but interns are generally well remunerated.

For further information about post secondary opportunities within the federal government, talk to Gabrielle Lavigne in the Student Placement Centre. Don't forget that the Placement Centre is there for your benefit and they are more than willing to assist you in finding the perfect career choice and opportunity.

NOTE: due to the date of this article's publication, some of the application deadlines may already have closed – however, don't let that stop you from keeping the website and applying the next time around!



RESPONSIBLE
GAMBLING
COUNCIL

Work on Campus-Earn \$9/hour!

The Responsible Gambling Council (RGC) is looking for students with great interpersonal skills to assist with *Know the Score*, an interactive awareness program designed to prevent gambling-related problems among young adults.

The program will visit Laurentian University Campus from March 13 - 16. Students must be available to attend a paid training session on Sunday, March 12th from 5 - 8 p.m.

Apply online before March 10, 2005 at www.knowthescore.ca/jobs.cfm



Laurentian University
Université Laurentienne

Office of the President

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LU is committed to equity in employment and encourages applications from all qualified applicants, including women, aboriginal peoples, members of visible minorities and persons with disabilities. In accordance with Canadian immigration requirements, priority will be given to Canadian citizens and permanent residents.

Applicants should submit a letter of application and résumé. Please address applications to Ms. Diane Massicotte, Assistant to the President or dmassicotte@laurentian.ca by Friday, February 17, 2006.

www.laurentian.ca/president
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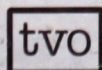
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ARTS & ENTERTAINMENT

Looking for love at LU

BY MATTHEW DESROSSIER
ASSISTANT EDITOR

It is the month of St. Valentine, and while love is always in the air this time of year, a little extra help never hurts.

LaurentianDating.com is a website that allows for Laurentian University (LU) Students to meet one another, whether for romantic or platonic relationships. Unlike many other on-line dating websites, this site is both tasteful and completely free. Boasting several features such as blog spaces and instant messaging, this site is completely tailored to the LU Student and all his/her needs.

The creator of LaurentianDating.com is Mike McCarthy, a former Trent University student who decided that meeting people at school could be facilitated by way of the web. He created TrentDating.com, which had over 1,500 members four months after its launch.

"TrentDating.com provided me with a fun way to meet other students who were single, and gain many new friendships along the way," said McCarthy. "I want Laurentian students to enjoy the same service that Trent students are enjoying."

After putting so much time into creating TrentDating.com, McCarthy decided that he could make copies of his site and tailor them to different schools.

"Because I spent so many months working on the site, I figured why limit myself to Trent. If there is a demand at Trent, there's a demand at other places too."

LaurentianDating.com is not the only other site to branch from the original in Trent. There are 17 of these sites in total, including one for Lakehead (300 members) and Brock (600 members). These sites have been up for less than a month, and already have become popular among the student body.

"I'm hoping that word of mouth will help jump start the site. This is how the Trent site took off, and I'm hoping that the same will happen at Laurentian," says McCarthy.

The website requires students to fill out a lot of personal

information, such as what program they are in or which residence they live in.

"That information adds to the value of the site," McCarthy claims. All the information is password protected, and stored in databases with a company called Hostgater.

According to McCarthy, he has never had any complaints regarding the stability of his site or the safety of the information. He suggests that his site is as safe as any other on-line dating website out there. Despite these assurances, it is still important to take some measure of precaution when meeting potential strangers on-line. McCarthy admits that he has no way to ensure that all members of the site are Laurentian students, although the site will only be advertised on the LU campus.

McCarthy's vision of the student body connected via the web has become reality in many Universities across Ontario. With Laurentian next to receive this service and Valentines Day on the horizon, he looks on anxiously to see if LaurentianDating.com will be as successful as his other projects.

"I feel that Laurentian students will benefit from the site. It was built for them, and I hope they take advantage of it."

Laurentian students host Banff Mountain Film Festival

BY ROBIN CROWDER
A&E EDITOR

The Sudbury community shared in an international experience this past weekend as students of Laurentian's Outdoor Adventure Leadership (ADVL) Program hosted the world renowned Banff Mountain Film Festival for the ninth year in a row.

Each year, the festival invites film makers from across the globe to submit short films that embody the "mountain spirit": this produces films that range anywhere from up close profiles of mountain communities to adrenaline packed extreme sport personal stories. From the approximately 300 films submitted from 39 different countries stems the Banff Mountain Film Festival World Tour which travels to over 250 communities in 25 countries, uniting outdoor and adventure enthusiasts alike.

The stop is Sudbury is a welcomed one: far from any significant mountain range, it is not often that community members get to engage in the excitement of mountain culture. Hosted as a fundraiser for their program, it also gives ADVL students the opportunity to become involved with the community as well as helping to defray the costs of their program.

As a part of their program requirements, third year ADVL

students participate in a spring session that trades the traditional classroom for the great outdoors and has them taking five different leadership courses over a two month period. The session also involves a two week trip up to the James Bay area where the students learn to lead excursions such as rock climbing and canoeing. However, ADVL is not only about outdoor adventures: the students graduate from a four year program with a Bachelor of Physical Education, specializing in outdoor leadership, and also end up with between 10 and 15 different certifications, such as NLS, CPR and First Aid. These certifications do not come cheaply and, in conjunction with their Risk, Safety and Public Management course, the students work hard to organize fund raising events that will benefit the community as well as their program.

This year, ADVL students worked with the Banff Festival coordinators to present a selection of nine different short films, produced all over the world, that they felt would most interest the Sudbury community: their choices were very well received.

One particularly interesting film was made by two Canadian film makers and told the story of another Canadian woman named Cynthia who traveled to the Ladakh region of India and decided to stay. Cynthia has since begun devoting her life to helping the Ladakhi people of remote mountain villages: she started her own NGO called HEALTH Inc. (Health, Environment and Literacy in the Himalayas), with the mandate of improving the health, sanitation, education and village sustenance of communities who are occasionally a four day mountain hike away from any main road. This 50 minute film was an inspiring tale of what can be accomplished with a little determination and a big heart.

All in all, congratulations are in order not only to the film makers who produced the incredible films, but also to the ADVL students who managed to organize a flawless event, selling out nearly the entire Fraser Auditorium, soliciting many awesome prizes and engaging the Sudbury community in a breath-taking view of the world outside the city. Well done!

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STUDENT ISSUES

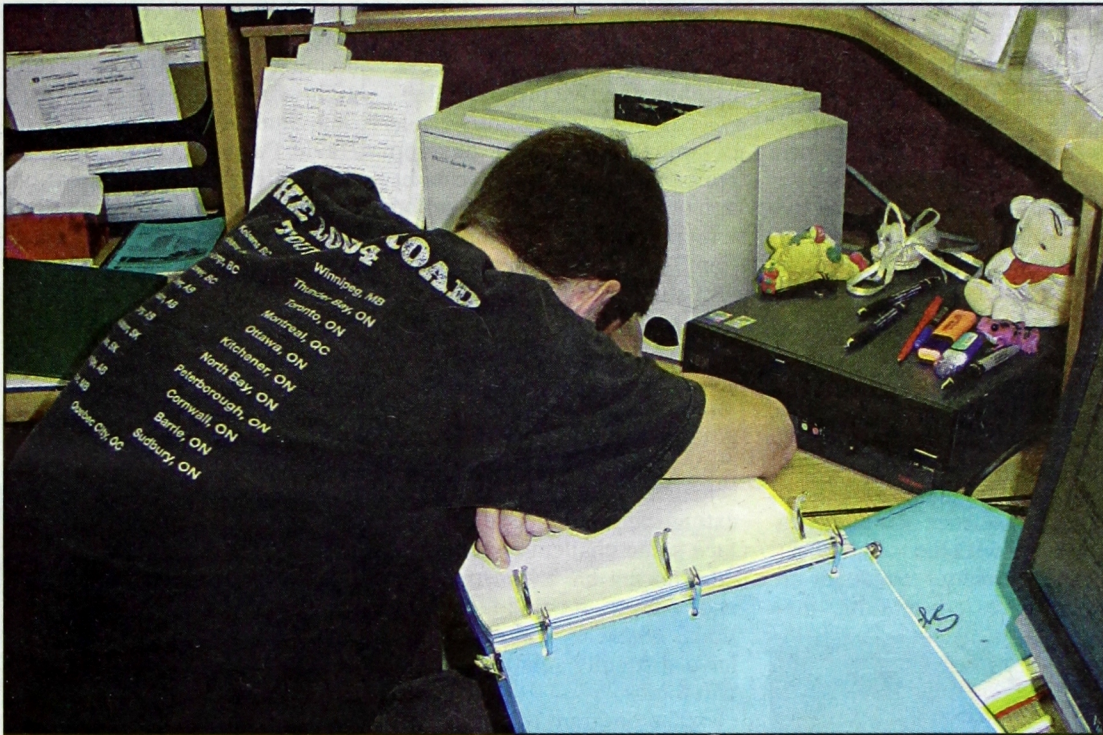
Today's Student

**Where Is The Hole
I Can Crawl Into?**
*Dealing With
Depression and Anxiety*

You know it! Being a University student offers new experiences as well as challenges. This can be very exciting but can also be stressful enough to cause you, or someone you know, to feel sad. If these sad feelings last for weeks or get in the way of your academic performance and social life, then the RED light should go on. Chances are you have depression and it's not "just the blues".

Let's take a closer look at just what depression is, shall we? Depression can affect your body, mood, thoughts and behavior. It can change your eating habits, how you feel and think about things, your ability to work and study, and how you interact with people. Wow! As you can see, depression can affect us "big time" so perhaps we ought to take some "big time" to check it out!

Okay, out comes the microscope. Some of the warning signs of depression can include sadness, irritability and excessive crying, fatigue, being "slowed down," sleeping disturbances, appetite and weight changes, alcohol and drug abuse, and chronic aches and pains not explained by any other physical condition. Depression can cause feelings of hopelessness, guilt and worthlessness. There may be difficulty concentrating, making



Depression is treatable if you seek help.

decisions, or remembering things. Thoughts of death and suicide remain the most dangerous indicator of depression for those who feel they cannot cope.

Please...if you are thinking of hurting or killing yourself, or you know someone who is, **SEEK HELP IMMEDIATELY.** Contact someone you trust to help you - a close friend, academic or resident advisor. You or that "someone you know" will need crisis intervention and assess-

ment at a hospital right away. Depression is treatable but a life cannot be brought back.

Curious as to what causes depression? The answer to this can be complex. Often, there is a combination of genetic (biological), psychological and environmental (social) factors but sometimes, there may be no known reason at all. The good news is that it is always treatable with medication and/or lifestyle changes and counseling. Life

transitions and change often initiate stress and depression for students. These changes include greater academic demands, being on your own in a new environment, changes in family relations, financial responsibilities, changes in your social life (this includes breakups), exposure to new people, ideas and temptations, awareness of your sexual identity and orientation, and preparing for life after graduation.

Depression has a close cousin named Anxiety. Depression and anxiety are often accompanied by anger and fear. For some, high stress levels can lead to depression as well as anxiety and/or anger difficulties. During a depressive episode, a holistic approach to self care becomes critical, such as getting enough sleep, proper nutrition, adequate exercise, and time for recreation.

Laurentian University has a Student Services office that offers a student counseling service with qualified counselors who specialize in working with students who are experiencing depression. The Special Needs Center, Health Services and Student Services all work together to support students with depression by referring to other student services and assisting with deadline extensions, recognition of extenuating circumstances and "time out".

So.... ALWAYS be good to yourself as you soldier on through your studies towards your goals! **YOU ARE WORTH IT!**

Candace Lahti is a Fourth Year Social Work Student who is doing her placement at Student Services. You can connect with Student Services by dropping in to Room L-210 at the R.D. Parker Building. We're easy to find — SS is located in the hallway beside the bookstore, just past the Women's Centre.



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ONLINE SURVEY OF LAURENTIAN STUDENTS

Laurentian and other Ontario universities are participating in the National Survey for Student Engagement (NSSE). The survey has been used for the past seven years by about 1,000 colleges and universities across North America.

In February, you'll receive an email from President Woodsworth, through the NSSE head office at Indiana University, inviting you to fill out the 2006 NSSE online survey.

Not only will the results contribute to establishing standards for Canada-wide educational practice, they

will allow Laurentian to compare your experience to those of students across Canada and the U.S. and help determine what changes are needed to improve the overall experience here.

All first-year and graduating Laurentian students are invited to participate in the online survey, which should take about 15 minutes.

For more information, visit www.nsse.iub.edu, contact the Call Centre at ext. 3917 (ask for the NSSE survey consultant) or send an email to nsse@laurentian.ca.



Laurentian University
Université Laurentienne



**National Survey
of Student Engagement**

CAMPUS NEWS

Science Communication program blends science with social arts

BY LAURA THERRIEN
SCIENCE & TECH EDITOR

It's like having a really good idea and not being able to express it properly, or looking at something and describe its basic features but not really understand it? Communication is difficult considering there are so many different methods in which it can be done and especially when it comes to communicating science. Often in the field, researchers have a wealth of knowledge to share with others but no real means to do so. Or in the area of media and communications, sometimes the lack of basic knowledge on a subject can seriously cripple the credibility of the information

being shared with the public. It is difficult to find the right balance of knowledge and communication skills.

In response, Laurentian University and Science North have created a program to address the need for effective and accurate science communications. The graduate studies program, which is in its first year, is a unique partnership and the only one of its kind in North America. Through a series of four modules, students are learning the theory behind good communication and discovering the practical side of effective science communication along with the issues of science in society. Students are acquiring essential skills in a

variety of areas such as communication through information technology, mass media, exhibits and live programming.

"It's not just about science communication. You develop really great skills that can be applied to almost any situation which requires communication," said James Cooper, a current student of the program. "It involves the integration of a science based knowledge with social arts." Like Cooper, many of the students in the program are finding it relatively easy to make the transition of scientific thinking to communicating their knowledge but still face some challenges. Students who do not have a formal science education could face additional obstacles and often may have difficulty relating to certain topics.

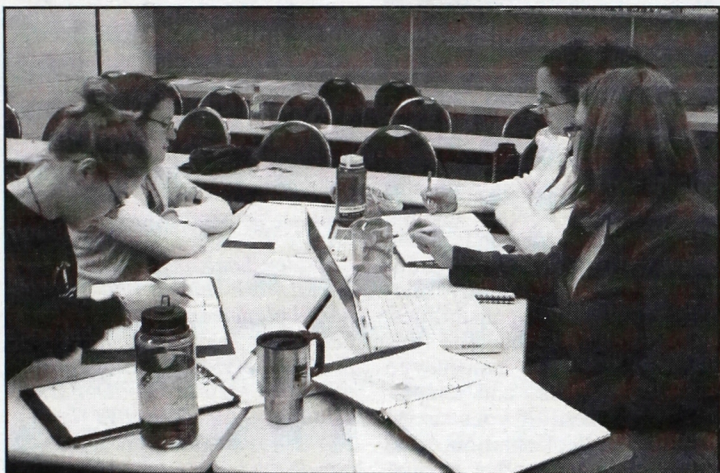
The program is a great tool for scientists and researchers to establish effective relations with the external public whether it be through one-way communication or two-way conversations. Through exhibits and live shows, to print publication or broadcast news stories, students are learning the importance of understanding their audiences, analysing their audience and using proper techniques to convey their message and pass on their knowledge.

The program is quickly

establishing a solid reputation both locally and through out the country. Currently, there are eight full-time and two part time students enrolled, and Dr. David Pearson, Co-Director of the Science Communication Program, is anticipating a larger interest for the 2006-2007 year. Already he has received several calls from interested individuals inquiring about the Science Communication program, with some as far as the Philippines. They are hoping to have a total of 15 students for the following

year and could possibly increase the number of applicants accepted in the future depending on the need.

Although admittance into Science Communication does not require a Bachelor of Science, a solid knowledge of the field is required. Students who are interested in the Science Communication can visit the www.sciencenorth.ca for additional information or contact Dr. David Pearson with any questions regarding admission to the program.



Laura Therrien / LAMBDA
Students in the Science Communication program, hard at work on their studies.

The 411 on Studying Abroad

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MYTH: Study abroad programs are just a holiday offering no real educational value.

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Get what the top Canadian business executives are looking for: a cosmopolitan world view. More and more, people with an international perspective are needed to help our country remain competitive in a global economy. Employers today want to hire more graduates with international experience but such people are hard to find in Canada. Our country is far behind others in terms of international experience and we rely on international trade and relations for success more than they do.

The skills gained through a student's international experience are invaluable to his/her future. First and foremost, the knowledge of a second or third language gained from studying abroad is such an asset in today's job market. It opens the door to communication and to unlimited opportunities as our country is continuously diversifying culturally. Also, flexibility is gained from international experience. By going to another country, you are proving your ability to be both flexible and adaptable to a constantly changing environment, which is essential to any company's success. Finally, the ability to think internationally, and explore new perspectives and

ways of doing business are priceless to Canadian business executives as it strengthens their company's ability to relate to and do business with the world around them.

Be a future leader and allow both yourself and your country to compete in the global knowledge economy. The facts are clear: study abroad isn't a vacation; it's an investment that benefits Canada as a whole.

If you would like more information on studying abroad, please feel free to contact us at Laurentian International. We look forward to assisting you!

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SPORTS

Nordic Ski Team posts good results

BY DEREK RENZINI
SPORTS EDITOR

On the weekend of January 21st and 22nd, the Laurentian Nordic Ski Teams competed in their first race of 2006. The Voyageurs and Lady Vees ski teams travelled to Haliburton to compete in the OUA Designated Race #1 hosted by Trent University.

As the Nordic Ski teams took to the trails on Saturday, they were faced with gusty winds and new snow which contributed to less than ideal skiing conditions. Yet, Laurentian managed to overcome these obstacles and have some great races. Carly Kenwell, led the charge for the Lady Vees in the women's 5k classic race, finishing 6th with a time of 20:31.6. Aden Beresford finished 17th with a time of 22:36, and Heather Foley place 19th with a time of 23:04.9.

For the Voyageurs, Victor Wiltmann and Tim Carleton put in solid efforts, finishing the men's 10k race in 14th and 20th place with times of 36:37.8 and 39:19.2.

After grinding it out Saturday through difficult conditions, Sunday offered a better forecast.

The Lady Vees thrived in the 8k free race, as Carly Kenwell finished first with a time of 23:42.3. On her heels was rookie skier Julie Porter, who finished second with a time of 24:32.6 and Lilla Roy finished 8th with a time of 26:10.6.

In the men's 16k free race, two Voyageurs finished in the top ten. Victor Wiltmann finished 7th with a time of 44:26 and Tim Carleton was close behind finishing 9th with a time of 45:01.7. Also, Roddy Purzner placed 13th with a time of 46:12.6.

The Laurentian Nordic Ski teams will attempt to improve their results as they travel to Ottawa this upcoming weekend to compete in the OUA Designated Race #2. Laurentian will then be hosting the OUA championship on February 18th and 19th here in Sudbury.

INDIVIDUAL RESULTS Saturday January 21, 2006

Open Women 5K Classic

- 6. Carly Kenwell 20:31.6
- 17. Aden Beresford 22:36.0
- 19. Heather Foley 23:04.9
- 23. Lilla Roy 23:23.1
- 24. Kerry VanDerPloeg 23:40.4
- 30. Kristen Zazelenchuk 24:37.2
- 34. Julie Porter 25:19.5
- 46. Beverly Lewis 29:45.3

Open Men 10K Classic

- 14. Victor Wiltman 36:37.8
- 20. Tim Carleton 38:19.2
- 35. Roddy Purzner 44:14.8
- 44. Reed Morrison 49:31.7
- 45. Joe Scheier 50:14.5
- 47. Andrew Barson 50:39.1

Sunday January 22, 2006

Open Men 16K Free

- 7. Victor Wiltmann 44:26.0
 - 9. Tim Carleton 45:01.7
 - 13. Roddy Purzner 46:12.6
 - 30. Reed Morrison 51:01.7
 - 39. Joe Scheier 53:43.8
 - 46. Andrew Barson 57:59.4
- Open Women 8K Free*
- 1. Carley Kenwell 23:42.3
 - 2. Julie Porter 24:34.6
 - 8. Lilla Roy 26:10.6
 - 16. Aden Beresford 26:59.4
 - 29. Kerry VanDerPloeg 28:35.6
 - 30. Kristen Zazelenchuk 28:48.4
 - 31. Heather Foley 28:50.4
 - 45. Beverly Lewis 33:15.2

Great weekend for Voyageurs

BY DEREK RENZINI
SPORTS EDITOR

The Laurentian Voyageurs men's basketball team traveled to Kingston this past weekend for their last road trip of the regular season. For the Voyageurs, their season has been highlighted by losing some very close games; dropping a total of four games by six points or less. However, it seems that justice was finally served this past Friday when the Voyageurs squared off against the University of Queen's Golden Gaels.

The Voyageurs began the game focused and energetic, which enabled them to execute on most of their opportunities. This earned them a 38-34 point lead, at the halfway point of the game. Heading into the second half, the Voyageurs rode the hot hand of Matt Brown who scored a season high, 26 points to go along with 5 rebounds. In the end, Laurentian was able to remain calm and poised in this seesaw battle and capitalized on all their chances down the stretch. The Voyageurs collective effort allowed them to come away with the win, slipping past the Golden Gaels 69-67.

Other contributors for Laurentian were Darrel Drake, with 14 points to go along with 2 rebounds and 4 assists, and Brody Bishop who also poured in 14 points and 2 rebounds. This was a nice win for the Voyageurs who have been hanging tough all season long.

"This was an excellent game for us, and it came

down to the last couple possessions," said Hill.

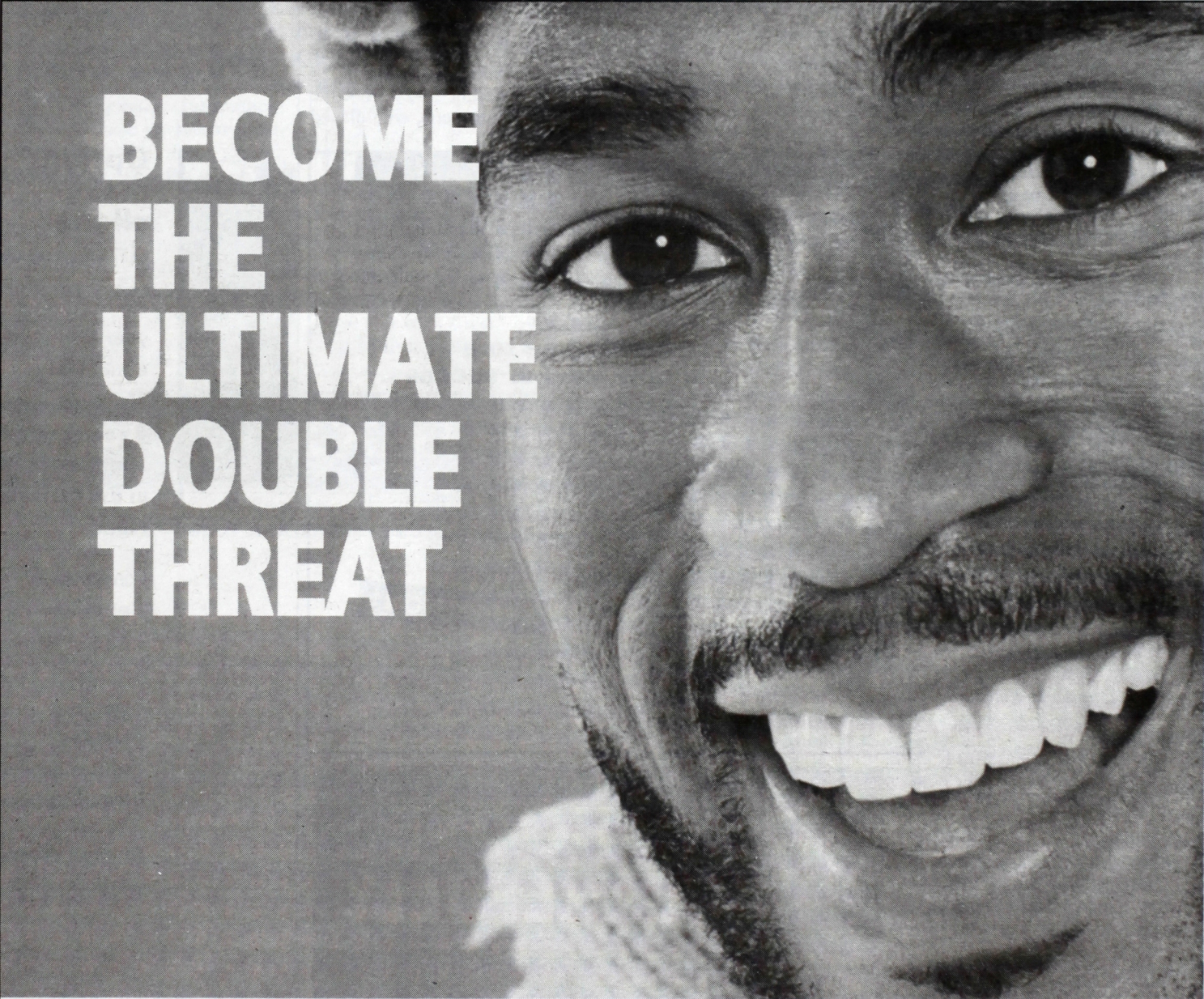
After coming away victorious against Queens, the Voyageurs were looking to ride their momentum and to take care of business against the RMC (Royal Military College) Paladins on Saturday night.

A slow start for the Voyageurs allowed RMC to keep things close in the first half, which resulted in the Voyageurs only holding onto a one point lead, 28-27, heading into halftime.

Yet, the second half proved to be a whole different story. The Voyageurs dominated RMC on both the offensive and more importantly the defensive end of the floor, holding them to a measly 21 points in the second half. This great effort allowed Laurentian to come away with a lopsided victory, winning 73-48. High scorers for the Voyageurs were rookie Brady Bolan with 18 points and 7 rebounds and fourth year veteran Ben Palmer who dominated the paint adding 16 points and 5 rebounds. Also, all eleven Voyageurs saw the floor in this contest, and each team member contributed; as everyone scored at least one basket.

The Voyageurs are playing smart basketball and these were two big wins. "It was a great way to end our road trip," said Head Coach Virgil Hill.

Laurentian extends their winning streak to three games, which improves their record to 6-11 on the season. They will also now have the luxury of playing their five remaining games at home. The Voyageurs play host to the Carleton Ravens this Friday and the Ottawa Gee-Gees on Saturday. Both games are scheduled for 8pm in the Ben Avery Gymnasium.



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SPORTS

LU Swim Teams focus on OUA Championships

BY DEREK RENZINI
SPORTS EDITOR

For the Laurentian University swim teams February is without a doubt a very important month. Come the second week in February, the L.U. swim teams hope to be prepared and ready to compete in the OUA Conference Championships that are being hosted by Laurentian University.

All season long, both the Aqua and Lady Vees have been training hard in preparation for this event. Over the Christmas break, both swim teams headed south to Sarasota, Florida for their annual winter training camp.

"The camp gave swimmers a chance to come together as a team and perform some aggressive training leading into the heart of our season", said Head Coach Phil Parker.

Both swim teams have continued to work hard in the month of January. They competed at the Ontario University Cup in Toronto and at a dual meet this past weekend in Guelph, which was their last race before the Conference Championships.

Unfortunately, the Aqua and Lady Vees were unable to come out on top this weekend against the Guelph Gryphons. The men came up short and were defeated 68 to 116 and the women lost 69 to 114.

Although both teams were defeated they did manage to post some very impressive individual results, with numerous first, second and third place finishes in both the men and women's categories. Both teams should be ready to contend in two weeks time.

"This was our last chance of racing before the conference championships in two weeks here at LU. We have some work ahead of us this week in terms of their overall execution and after this they will be ready to make some waves at OUA's", said Parker.

Individual Results

Women (Top Three Finishes)

Stephanie Kuhn

1st 200 meter freestyle 2:10.14
2nd 50 meter butterfly 30.00
1st 100 meter butterfly 1:06.25

Erin O'Neill

3rd 400 meter freestyle 4:50.21
3rd 200 meter breaststroke 3:01.14
1st 400 meter individual medley 5:26.30

Amanda Long

3rd 200 meter backstroke 2:31.58
2nd 200 meter individual medley 2:41.34
2nd 400 meter individual medley 5:29.33

Amanda Burchert

2nd 100 meter breaststroke 1:22.38
2nd 200 meter breaststroke 2:55.83

Alix Cronk

3rd 200 meter individual medley 2:46.90

Courtney Hicks

3rd 100 meter butterfly 1:09.85

Cassandra Kawiuk

3rd 800 meter freestyle 10:18.46

Kelly Cook

3rd 100 meter backstroke 1:12.16

Men (Top Three Finishes)

Ryan Smith

1st 200 meter backstroke 2:10.08
1st 200 meter individual medley 2:12.80

Blair Smith

1st 100 meter freestyle 55.69
1st 200 meter freestyle 1:59.10
2nd 100 meter breaststroke 1:10.59

Buddy Green

2nd 400 meter freestyle 4:32.50
1st 800 meter freestyle 8:57.23
2nd 400 meter individual medley 5:15.55

Graham Ford

3rd meter freestyle 26.78
3rd 100 meter backstroke 1:06.55
3rd 100 meter butterfly 1:04.32

Dave Cheung

1st 50 meter breaststroke 32.31
3rd 100 meter breaststroke 1:10.74
3rd 200 meter individual medley 2:20.50

Matt Moskal

3rd 400 meter individual medley 5:29.01

Lady Vees wins two on the road

BY DEREK RENZINI
SPORTS EDITOR

Embarking on their last road trip of the regular season, the Laurentian Lady Vees basketball team found themselves up against the University of Queens Golden Gaels and the RMC (Royal Military College) Paladins this past weekend in Kingston.

On Friday night, the Lady Vees convincingly defeated the Golden Gaels by a score of 73-53.

The Lady Vees were simply too much for Queen's to handle, as they dominated them from start to finish. The Lady Vees utilized their size to get many easy baskets in the paint and were easily able to control the offensive and defensive glass; out-rebounding the Gaels throughout the game.

More importantly, Laurentian showcased their defensive abilities and were able to keep Queen's leading score, Claire Meadows, a non factor as she was held pointless.

Cassandra Carpenter led the way for the Lady Vees, scoring 28 points, shooting 17-20 from the stripe. Lisa Roberts, who played

the whole 40 minutes of the game, also added 15 points.

Head Coach Mike Clarke was especially impressed with Robert's all-round performance. "Lisa led the team, and played absolutely fantastic defence, this was perhaps the best game a point guard has ever played for me as a Head Coach," said Clarke.

With one road win under their belt, the Lady Vees looked to keep their focus as they matched up against an untested RMC Paladins squad on Saturday night. Laurentian established an early lead and never looked back, soundly defeating RMC, 80-59. The Paladins just couldn't keep pace and the Lady Vees showcased why they are the superior team; dominating the Paladins in all aspects of the game.

As she is accustomed to doing, Cassandra Carpenter torched RMC, netting a total of 30 points to go along with 14 rebounds and 5 steals. Other

scorers, were Amanda McConnell with 14 points, 11 rebounds and Lisa Roberts with 11 points and 5 assists.

Although Head Coach Mike Clarke wasn't happy with his team's defence (giving up 59 points to this RMC squad), he was pleased with his team's overall effort.

"We had excellent rebounding and made great offensive decisions while staying patient," said Clarke. "Now we need to keep the momentum going."

For the Lady Vees, they are in fact gaining momentum. They've put together a three game winning streak, have improved to 9-8 and will now have home court advantage for the remainder of the season.

The Lady Vees play host to the Carleton Ravens this Friday and the Ottawa-Gee Gees on Saturday. Tip-off times for both games are scheduled for 6pm in the Ben Avery Gymnasium.

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SPORTS

LU's Intramural Corner

Jobs within the Intramural Sports Program

BY MELISSA WALKEM
INTRAMURAL ASSISTANT

The Intramural Sports Program offers job opportunities for all full and part-time students who attend Laurentian University. Working within the Intramural Sports Program is a fun and exciting experience. It is a great way to make some extra money and expand your resume. Intramural sports usually run during the week, from 9 p.m. to 12 a.m. in the Ben Avery Building. There are also a few events that take place on weekends. It is easy to make your work schedule fit around your class time.

If you have any referee qualifications for sports that are offered in the Intramural Program (ex. soccer, basketball, and volleyball, etc) you are eligible to work in that capacity. In addition to referees, scorekeepers are needed. If you have no refereeing experience you can still work in the Intramural Program and make some extra cash. No extensive experience is required to score keep, just a basic knowledge of the sport that you are working with.

If you are interested, please come in and complete an application form at the Department of Active Living office. Please

bring along a resume and cover letter addressed to Ron Larwood, the Manager of the Department of Active Living. The Active Living office (B-266) is located in the Ben Avery Building and is opened from 9 a.m. to 4 p.m., Monday to Friday and is closed for lunch from 12 p.m. to 1:15 p.m.

Intramurals are a great way to get involved, expand your resume/experience and can even help out financially. Please note that the majority of opportunities occur in September but there are generally some positions throughout the year. Don't miss this great opportunity come out and apply today.

Intramural 3 x 3 Basketball Tournament 2005-06

BY ASHLEY MACSPORRAN AND MIKE MALLEN
INTRAMURAL 3X3

BASKETBALL CONVENORS

The Intramural 3 x 3 Basketball Tournament was held on January 15th 2006 at the Ben Avery Gymnasium. The day was filled with fun and excitement. There was great competition in all divisions with numerous off the wall highlight reel plays. Although there was not a full tournament, participants still battled hard to get the big win.

All participants who attend-

ed the event did not go home empty handed. There were awards and gifts for everyone. The winners of the Men's division was Street Ballin', Women's division was The Stingers, And Mike's Boyz for

the Co-ed division. Congratulations to all participants for their hard work and especially to the winning teams. Some notable players named the tournament "All Stars" were Jesse Adjei, Sandra Mcphee, and

Corinna Gamache.

Thank you to everyone who made this event a success. Your hard work and dedication was much appreciated. Hope all participants make sure they come out and play again next year.



Neil Zacharjewicz / LAMBDA

The annual Laurentian Off-Campus Students' Society Hockey Tournament was held at the Capreol Arena over the weekend, and what an event it was. Eight teams participated in this year's tournament. For full results, see this week's LOCS column.

The NEW CKLU Program Guide

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Songs From The Black Hole Open	Lyrical Labcoats Open	SLOT AVAILABLE	SLOT AVAILABLE	Reg's Recycled Records Seniors	SLOT AVAILABLE	SLOT AVAILABLE
8:00							
9:00							
10:00	Grenouilles Parlants Frehnch	SLOT AVAILABLE	Monster A Go-Go Open	Electric Rodeo Open Alt Country	Putumayo World Music	Peek At The Past Seniors	And Now... Open
10:30							
11:00							
12:00	RFI Magazine	The Witching Hour Spoken Word	SLOT AVAILABLE	Euroquest	Making Contact W.I.N.G.S	Sounds For Seniors Seniors	Sittin' Back Pickin' Guitar/Open
12:30							
1:00							
1:30	Red Beat Aboriginal	Under The Mic Open	SLOT AVAILABLE	CounterSpin "Extra"	Music Of Your Life Seniors	Green Tea Chinese	Radio Polonia Multicultural
2:00							
3:00							
4:00	Radio Goethe	Down Yonder Bluegrass/Open	SLOT AVAILABLE	Jazzomania	Bamboo Headquarters Chinese	Unintentional Mohawk Open	Serenta Italiana Multicultural
5:00							
6:00							
7:00	Punked*U8 Open	One Gus Radio Open	Broken Tech Radio Drum/Bass	Hot Like Wasabi Anime	Japanimania Anime	Black Knights Metal Metal	World Beats Multicultural
8:00							
9:00							
10:00	Never On A Monday Open Local	Finger Stylin' Guitar Guitar/Open	APAC Spoken Word	Hot Bunny Radio Open	Crossing The Theshold Open/Indie	Beats, Breaks And Base Open/Dance	Pachanga Latina Multicultural
11:00							
12:00							
1:00	Fan Antics Sports	Artistry in Jazz Jazz	Reel Music Spoken Word	The Gay Show Gay&Lesbian	Artistry In Jazz Jazz	We Be Jammin' Open/Dance	La revanche des singes volants French
2:00							
2:30							
3:00	Side To Side Open	Live Audio Wrestling	Jock Talk Sports	During The Getaway Open	Ready, Fire!, Aim... Open	Trance Till Twelve Open	SLOT AVAILABLE
4:00							
5:00							
6:00	Restaurant At The End Of The Universe Open	Tyler's Random Hour Open	SLOT AVAILABLE	SLOT AVAILABLE	Herb N' Magic Hip Hop	SLOT AVAILABLE	SLOT AVAILABLE
7:00							
8:00							
9:00	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE
10:00							
11:00							
12:00	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE	SLOT AVAILABLE
1:00							
2:00							
2:30							

****YOU CAN FIND THE MOST CURRENT SHOW SCHEDULE AT CKLU.CA****

SPORTS

Laurentian lacrosse teams plan to build on success

Back in January 2005 a group of about thirty Laurentian students interested in lacrosse, Canada's national summer sport, got together and played a non-contact co-ed version of the game — known as interlax — on weekends in the Alphonse Raymond gymnasium. Encouraged by the turn-out, the leader of the group — Sport Psychology major Caleb Leduc — sought recognition from the SGA and set up a table in mid-September 2005 during club days.

Some 200 students, men and women, full and part-time, put their names on the list, and about 40 to 50 made it out regularly in the weeks to come. On the goose poop covered field in the centre of the oval track, the Laurentian Lacrosse Club played fun games of non-contact lacrosse every Thursday evening.

But some "hardcore" members wanted a bit more competitive play. So each Thursday the first hour was set aside for the interlax games, and then about 35 people stayed behind to learn more about field lacrosse. The men's squad was coached by Dr. George Sheppard, an associate professor in the School of Education and a longtime player, while Kim Leger-Frawley, an LU alumnus and former member of the Ontario and Canadian women's field lacrosse teams, agreed to help out with the ladies' squad. Suddenly, Laurentian had a competitive club lacrosse programme.

For those unfamiliar with the game, lacrosse is an ancient sport played by Native people throughout North America. In the 1800s the outdoor game caught on amongst non-Natives, especially in Canada and the northeastern US, and by the 1900s several versions had evolved. In Canada most players learned the "box" game, called that because it takes place in an arena or "box," while the outdoor field game remained far more popular in the United States. By the late 20th Century, field lacrosse was a major collegiate sport in America, especially at Ivy League schools like Princeton and Yale, but it had little hold north of the border.

Over the last two decades, however, there has been a renaissance of sorts in the outdoor game. Twenty years ago men's club teams began to appear at McMaster, Brock, Western, Guelph and other Ontario universities, and women's varsity squads soon popped up all over the province too. In the last three years, the game has exploded in popularity with at least six universities in Quebec and Maritimes sponsoring teams as well.

So this autumn was an auspicious time for the Laurentian club, but inquiries to the Canadian University Field Lacrosse Association indicated that the students here would have to meet a number of challenges before being considered for actual entry into the league. They would have to show they had support from the university, were financially viable, and most difficult of all, they had to prove they could compete successfully against actual CUFLA teams.

But LU students are known for meeting challenges and these young men and women proved up to the task. They began selling chocolates to purchase nets, jerseys, and equipment, met two or three times a week for additional sessions, and set about arranging exhibition matches. Although they only had about a eight or so real practices under their belts, on the weekend of November 5th and 6th, both squads went looking for competition. The women's team traveled to Montreal where they participated in a mini-tournament against highly touted teams from Canada and the United States. The



Contributed

Lacrosse is enjoying a surge at Laurentian, as competitive field lacrosse teams for both men and women enjoyed successful first seasons last fall. Organizers of the two teams are now hoping to build on the program at LU.

men, meanwhile, (after rousing set off for Hamilton at 7 am in the sleepyhead goalie Andrew Lawton) midst of a scary wind/rain/snow-

storm to play against McMaster (a programme that has been in existence for 20 years and is led by Ed Comeau, head coach of the NLL's Rochester Knighthawks and assistant coach of the National Men's team!)

Considering those facts, the Laurentian athletes did exceptionally well — especially since most had never played field lacrosse before and a good number had only picked up a stick for the first time in September. In their match, for example, the men managed to stay close to the Marauders, and lost by a score of only 7 to 4, while the women even managed a victory against Bishop's (losing close games to McGill, Vermont, and Montreal). Coach Leger-Frawley remarked that the trip was "Awesome ... the girls were wonderful and proudly represented Laurentian."

And what impressed coach Sheppard was the outpouring of goodwill from people at the university and beyond. He said "The Greater Sudbury Lacrosse Association, for example, provided

free equipment and fundraising materials, Kingswear Sports in the Valley provided discounted uniforms, Mike's Sports in Garson supplied equipment (from nets to sticks) at cost price or even below, and Laurentian staff and faculty were exceptionally accommodating too. We had help and advice from Athletic Director Peter Hellstrom and from Sandy Knox and Pat Pickard in Human Kinetics, while Ron Larwood and Dorothy Pitzel in Active Living made sure we had field access. I can tell you from experience that not every community or university is as supportive of its student athletes."

Currently the club has restarted the Saturday non-contact co-ed Interlax version, and has plans to play against Nipissing/Canadore soon. Also the members are making firm plans for more competitive matches next fall.

Laurentian students interested in playing either or both versions of our national summer sport are invited to contact the club at lax@laurentian.ca.

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